



Jitendra Choubisa <jitendra.choubisa@technonjr.org>

Fwd: All it takes to Change the Game - Introducing The Life Workshop

Techno India NJR Institute of Technology Udaipur <director@technonjr.org>
To: naac@technonjr.org

Sat, Mar 13, 2021 at 1:38 PM

----- Forwarded message -----

From: **Juuhi Raai** <juuhi.raai@gmail.com>
Date: Sat, 13 Mar 2021, 13:20
Subject: Fwd: All it takes to Change the Game - Introducing The Life Workshop
To: <director@technonjr.org>

Dear Pitashri 🙏🙏🙏

PFA

----- Forwarded message -----

From: **Juuhi Raai** <juuhi.raai@gmail.com>
Date: Fri, Feb 19, 2021, 1:41 PM
Subject: All it takes to Change the Game - Introducing The Life Workshop
To: <drprasun.cse@gmail.com>

Dear Prasun Sir,

Namaste!

Thank you for such a lovely meeting and for allowing me to present myself.

Since 2009, I have delivered messages of personal self-development to more than 14000 people worldwide.

- Senior corporates
- 5000 college Students
- Cops at Mumbai Police
- Anti Terrorist Squad
- 75 Women at the Royal Enfield
- 1200 Merchant Navy Cadets at the MANET
- 300 Senior Citizens in Maharashtra

The Life Workshop journey was started in 2016, and in 2019 I received the Karmveer Award - for my work in the field of Education.

I have put together this program with one aim. To equip students with simple technologies to help them make smart fearless choices, at work and in life!

The Life Workshop is a two-day, **process-oriented super fun program designed to achieve breakthroughs** in various areas of life.

([video](#) that encapsulates the magic we create at these workshops, this one was shot in a college, created especially for young adults)

It enables students to gain freedom from -

- Fear: of people, speaking up, expressing, failing, taking risks, being ridiculed, overthinking
- Inhibition: setting low targets, low self-esteem, lack of confidence
- Trust Issues: Relationship past baggage, emotional trauma, lack of vitality

It helps them -

- Express fully, Engage in new targets, goals, and aspirations
- Be uninhibited and more action-oriented Have deeper relationships at home and work
- Create and engage in real conversations
- Live with a sense of gratitude and confidence

Happy people are productive people. Let's create that!

Warm Regards,
Juuhi Raai
Founder - The Life Workshop
9820276838

Facebook : @Juuhi Raai - The Life Workshop Instagram: @thelifeworkshop

4 attachments



police training.JPG
212K

1/24/22, 11:16 AM

Techno NJR Institute of Technology Mail - Fwd: All it takes to Change the Game - Introducing The Life Workshop

 **Poilce Training .mp4**
14871K

 **The Life Workshop Brochure .pdf**
830K

 **The Life Workshop programs.pdf**
1203K